

Claims: We Claim:

1. A dental matrix band comprising a flat flexible body of material having a hole positioned within the general confines of said body and a notch positioned on the inferior border of said flat flexible body that is in alignment with said hole.
2. The matrix band of claim 1 wherein said flat flexible body has a contiguous appendage medially positioned above said hole and said notch.
3. The matrix band of claim 1 wherein said flat flexible body is stainless steel.
4. The matrix band of claim 1 wherein said hole is generally located near the center of said flat flexible body.
5. The matrix band of claim 1 wherein said hole is generally ovoid.
6. The matrix band of claim 1 wherein said notch is generally wedge shaped and has an apex oriented superiorly to align with the medial aspects of said hole and said appendage.
7. A matrix band comprising a flat flexible body of material with an aperture located within the general confines of said flat flexible body and a means for separating said flexible body through a predetermined location of said aperture.
8. The matrix band of claim 7 wherein said flat flexible body has a contiguous appendage located superior to said aperture.
9. The matrix band of claim 8 wherein said appendage is a semi-circular expanse contiguous to said flat flexible body.
10. The matrix band of claim 7 wherein said flat flexible body is stainless steel.

11. The matrix band of claim 7 wherein said aperture is generally located near the center of said flat flexible body.

12. The matrix band of claim 7 wherein said aperture is ovoid.

13. The matrix band of claim 7 wherein said means for separating is a predetermined number of notches.

14. The matrix band of claim 7 wherein said predetermined number of notches is generally wedge shaped and are in alignment with said aperture and said contiguous appendage.

15. A method of achieving positive inter-proximal contact comprising

- (a) a flat flexible body of material possessing an aperture that has a superiorly positioned supportive appendage contiguous to said flat flexible body and a separation notch in medial alignment with said aperture and said supportive appendage that is contiguous to the inferior border of said flat flexible body,
- (b) providing a decayed tooth and prepping said decayed tooth with an appropriate instrument
- (c) attach said flat flexible body to a retainer and place circumferentially around said decayed tooth,
- (d) said aperture is positioned to oppose an inter-proximal area of a tooth adjacent to said decayed tooth,
- (e) a restorative material is introduced within the prepped decayed tooth and compacted with a condensing instrument with said restorative material passing through said aperture and contacting said adjacent tooth,
- (f) upon polymerization of said restorative material, severing of said supportive appendage and a subsequent constrictive tightening will effect a separation of the flat flexible body through said aperture and also effect separation at the apex of said separation notch permitting removal from a resulting positive extrusion.